

Local

pg 2



**Kiss
Army
takes
over
Common**

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HALIFAX • MONDAY, JULY 20, 2009

metron

Sports

pg 14



**Stewart
Cinks
Tom in
Open
playoff**

FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, Tuesday to Thursday, in Calgary.

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Canada pg 5



**B.C. fires out
of control**

Celebrity pg 18



**Madonna
visits injured**



"It's time to overcome the gap of understanding among people in this country."

Shawn Atleo



"We should be more inclusive of all our citizens, no matter where they are."

John Beaucage



"We need more and more First Nations people at all the decision-making tables."

Perry Bellegarde



"I've tapped into the anger and frustration ... Watch me, as Trudeau said."

Terrance Nelson



"We can do anything we want ... we have thousands and thousands of brilliant Indian people."

Bill Wilson

Seeking united voice

Assembly of First Nations in Calgary to vote for new national chief

FocusOn FirstNations

LAURA EGGERTSON
for Metro Canada

More than 600 chiefs of First Nations communities across Canada gather in Calgary tomorrow to choose their national leader, in an election whose outcome will steer the course of Aboriginal and non-Aboriginal relations for the next four years.

The National Chief of the Assembly of First Nations represents all of the 300,755 status Indians living on reserves, and also strives to advocate for the nearly 400,000 living off-reserve, largely in urban centres.

As an advocacy organization, the AFN is in the often difficult role of attempting to give one voice to the myriad views among First Nations communities on vital issues ranging from poverty alleviation to economic development, land claims, the legacy of residential schools, and self-govern-



This is a creation by Ottawa-based artist Tom Hogan, entitled United. Hogan's paintings reflect both his knowledge of Aboriginal mythology and his personal journey. For more on Hogan, see page 2. More First Nations coverage, pages 4, 6, 7, 8, 12, 15, 17.

ment.

That single voice — even if it cannot possibly represent all Aboriginal views — is the one the federal government hears. That's why the top job

matters.

Shawn Atleo and Bill Wilson, both from British Columbia, Saskatchewan's Perry Bellegarde, Ontario's John Beaucage, and Manitoba's Terrance Nelson are

all vying to be the ninth chief to lead since the AFN was founded in 1968.

"The national chief sets the tone of the relationship between Aboriginal Peoples and Canada," says

David Newhouse, the chair of indigenous studies at Trent University in Peterborough, Ont.

That's also the reason style is as crucial as substance when it comes to a national chief. Previous leaders have ranged from those favouring a confrontational approach to others prepared to work within the system, governed by the much-maligned Indian Act.

The federal government doesn't always want to hear what the AFN has to say, but it ignores the organization "at its peril," points out Newhouse, a Mohawk from Six Nations of the Grand River. Governments have had to back down from critical pieces of legislation because they couldn't win AFN support.

The next leader also carries the critical responsibility of ensuring the AFN is relevant for the next generation of First Nations youth — their numbers are growing at a rate 3½ times faster than that of the general Canadian population.

**MORE COVERAGE,
PAGES 4, 6, 7, 8, 12, 15, 17**

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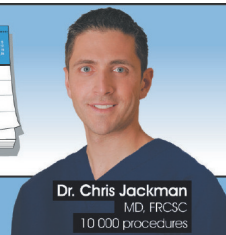
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This week is drowning prevention week in Nova Scotia, Premier Darrell Dexter has declared. The provincial branch of the Lifesaving Society says you should always practise proper water safety at all times. Go to www.lifesavingsociety.ns.ca for tips. **METRO HALIFAX**

Local



Cape Breton named No. 1

Cape Breton was voted the third best island in the world and the top island in the continental United States in Canada by readers of Travel + Leisure Magazine, the provincial government has announced.

METRO HALIFAX

FocusOn FirstNations

On the Cover

The cover art on today's edition of Metro, called United, was created by Ottawa-based artist Tom Hogan, right. Born in Sioux Lookout in 1955, Hogan is a self-taught Woodland style artist. His vibrant paintings reflect both his knowledge of Aboriginal mythology and his personal journey — one which includes being abandoned as a child, addiction, ill-health, and homelessness. Each of his works are a testament to his spirit's ability to overcome the often difficult realities of life. More about Hogan and his work can be found at tomhogan.ca



METRO NEWS SERVICES

KISS rocks, despite the rain

PAUL MCLEOD
Metro Halifax

Fans of other bands might have stayed home, but a little rain over the Halifax Common couldn't deter the KISS Army on Saturday night.

The crowds seemed comparable to Paul McCartney's concert a week earlier, but with more makeup and longer tongues.

John Vautour, Reme Richardson and Julian Savoie laughed off the rain to get in line at 7:30 a.m. after driving in from Neguac, New Brunswick.

"We are huge KISS fans, man. And we're willing to do that," said Vautour.

Hundreds of others soon joined them, but many fans decided to skip the opening acts and showed up in droves shortly before the headlining act was scheduled to perform.

The rain vanished at just the right time, not long before KISS took the stage.

It was too late for the Halifax Common, however. Tens of thousands of pairs of wet feet did a number on the field, leaving large pools of mud.

But none of that mattered to the rabid KISS fans once their idols took the stage.

"You wanna hear the vintage classic stuff don't



Gene Simmons, left, and Paul Stanley from KISS rock out during the band's opening song Deuce during Saturday night's show at the Halifax Common.

"You wanna hear that vintage classic stuff don't cha?"

KISS lead singer Paul Stanley

cha?" yelled lead singer Paul Stanley. "And you wanna see us blow lots of **** up, don't cha?"

The band delivered plenty of both. Massive fireworks displays accompanied rock classics like Rock and Roll All Nite, Detroit

Rock City, Lick It Up and even the discoey hit I Was Made for Lovin' You.

They even joked about playing Led Zeppelin's Stairway to Heaven, but after the opening riff seemed to change their mind as Stanley waved his hand and said "naw."

From the moment they hit the stage KISS began delivering what fans came to see.

There were epic drum and guitar solos, metallic platform boots, explosions

and lots and lots of Gene Simmons's tongue.

But it wasn't all satanic devil music.

The liquor corporation surely appreciated the front man, Paul Stanley's friendly warning to fans. He cautioned them, "if you're going to drink, don't drink and drive."

Halifax Regional Police called the event "successful from a policing perspective," despite arresting more than 30 people for public drunkenness.

Big-bellied robber takes off with store cash

CRIME An overweight robber snatched some cash from a Coburg Road convenience store Saturday night, Halifax Regional Police say.

But investigators say they're still looking for the robber who walked into the store on the 6100 block at about 9:40 p.m. and demanded money from the clerk before taking off down Seymour Street toward University Avenue.

He was described to police as an "overweight" white man in his mid-30s who has brown hair.

He was wearing a shirt pulled over his face.

METRO HALIFAX

News in brief

ARREST Halifax Regional Police officers who were patrolling the city's north end were able to stop an armed robbery in progress during the early morning hours yesterday. Police say the officers were in the area of Agricola and West streets just before 3 a.m. when they saw two men who had stopped their car and were trying to rob a group of five people at knifepoint. They immediately arrested the assailants and seized their weapon before anyone was hurt. The two suspects are to appear in Halifax provincial court today to face charges.

METRO HALIFAX

metronews.ca

WHAT'S ONLINE TODAY

Video Two Canadian astronauts make history aboard the International Space Station at metronews.ca/canada

Video A Vancouver race track plays host to a dash of the Dachshunds at metronews.ca/canada



Lotteries

Friday, July 17
Lotto Super 7-12, 31, 33, 37, 44, 46 Bonus 34
Saturday, July 18
Lotto 6/49: 2, 4, 15, 39, 45 & 49 Bonus 37

ShareYourViews

halifaxletters@metronews.ca

Search leads to child porn charges

ARREST A Dartmouth man faces child pornography charges following a search of his home early last Friday morning.

Halifax Regional Police and Halifax RCMP conducted a warrant at the Dunrobin Drive residence just after 6 a.m. Police say they seized evidence that includes three computers.

Troy Randall Joudrey, 41, was scheduled to appear in Dartmouth provincial court last Friday on charges of accessing, possessing and distributing child pornography, police say.

METRO HALIFAX

Inquiry hears new details of Howard Hyde's Taser struggle with police

INQUIRY A police officer did not warn Howard Hyde before Tasing him in order to keep the element of surprise, the officer told the inquiry into Hyde's death Friday.

The booking office had already fallen into havoc when Special Const. Greg McCormick reached for a Taser.

Hyde, a schizophrenic who was off his medication and had barely slept in days, was struggling with two other officers on the floor.

McCormick told his fellow officers "I'm going darts," which they recognized as slang to mean he was about to fire the Taser.

But Hyde was never given any warning of what was about to happen.

Policy

Hyde had been co-operative up until the officers tried to cut a knot off of his short string so they could confiscate it, as per police policy.

McCormick told the inquiry that this was by design.

He had hoped to use the element of surprise, as he was taught in a training course six months earlier.

The idea was to shock Hyde with the Taser and force his muscles to seize up so he could be restrained.

It didn't work.

Instead, Hyde fought the officers off, jumped a desk and ran into a hallway be-

fore being eventually subdued.

His breathing stopped and though he was revived, he died 30 hours later after another struggle in jail.

Though police training procedures do recommend warning a subject before Tasing to give them a chance to comply, McCormick said that would not have applied in Hyde's case.

He said the situation had already devolved past the point where Hyde could be calmed down verbally.

McCormick said that giving Hyde warning that he was about to be Tasered could have had the opposite effect of making him angrier.

PAUL MCLEOD/METRO HALIFAX

Halifax Batter up!



A diva strikes a fierce pose at home base after commentators in drag call her outfit "fabulous" during the sixth annual "Dykes vs. Divas" Halifax Common softball game yesterday afternoon.

Saint Mary's appoints Boutet

Saint Mary's University has a new director for its International Activities Office, the Halifax school announced late last week. Alain Boutet is "a leader in the globalization of higher education and research," a SMU news release said. **METRO HALIFAX**

Sewage plant **Still not operating**

Carl Yates, general manager of Halifax Water, speaks with reporters during a tour of Halifax's damaged sewage treatment plant Friday. The plant was flooded with sewage after a power failure in January and the facility remains inoperable.

Police warn public on possible scam

FUNDRAISING Halifax Regional Police are warning residents of what they call a "bogus fundraiser."

Two reports of people soliciting donations over the phone pretending to represent the police department have already come in, HRP says, adding the fraudster asks for cash to help fund a program that supposedly teaches safe Internet use to children.

"Halifax Regional Police does no such fundraising," a news release said late last week. "The individuals targeted in this case felt there was something suspicious about the call and contacted the police."

Police say citizens should not give money or personal information, "unless you have initiated contact or you are certain of the identification of the individual and the legitimacy of the organization."

METRO HALIFAX

Injured cyclist may face charges

ACCIDENT A young woman who allegedly rode her bike through a red light and crashed into a car Saturday morning in Halifax may face charges, police say.

Halifax Regional Police add they believe alcohol could have played a role in the collision at Oxford Street and Bayers Road,

which sent the cyclist to Queen Elizabeth II Health Sciences Centre with injuries at about 3 a.m.

At first it was believed that the injuries to the woman, who is in her 20s, were serious, but police say it was later determined that they weren't life threatening.

METRO HALIFAX

Downturn didn't stop Nova Scotians from gambling

GAMING The global recession had almost no effect on the gambling habits of Nova Scotians, according to the 2008-09 report from the province's gaming commission.

Revenue from lottery tickets stayed relatively the same, video lottery terminal revenue increased and casino revenue decreased, for a total of \$153

million in funding for the Nova Scotia Government, a recent news release said.

"We continue to provide important economic benefits to the province while maintaining a strong focus on social responsibility," Marie Mullally, president and CEO of the Nova Scotia Gaming Corporation, said in the release.

METRO HALIFAX

A cast of characters

Historical interpreters wrap up their visit

HILARY BEAUMONT
for Metro Halifax

"Rum for the lady?" Mrs. Gunnell asked a couple of gawkers through the morning mist yesterday on Halifax's harbourfront. Laughing, one woman asked how much it cost.

"Only a farthing," the self-proclaimed dockyard troublemaker said, not missing a beat.

Mrs. Gunnell, also known as actress Lisa Krahn, wore a bonnet and held a nipperkin — a mug-shaped shot glass that holds one-eighth of a pint. Her costume is from the 1750s, a time when sailors, beggars and wenches swarmed the dockyard.

Since the Nova Scotia Tall Ships Festival started last Thursday, Mrs. Gunnell has only sold one nipperkin of rum — to a young boy who just happened to have a reproduction farthing. Luckily, her green bottle holds only strongly brewed tea.

Krahn and other freelance interpreters have docked in Halifax after sailing from Ontario and the United States to provide historical context for tourists and locals alike.

Gunnell doesn't hold her tongue, telling her audience she may have to sell herself to a sailor if busi-



Mrs. Gunnell, a.k.a. Lisa Krahn, sells pseudo-rum to visitors who wanted a taste of history on the Halifax waterfront yesterday. She's one of many historical interpreters who have been taking part in the Tall Ships Nova Scotia Festival 2009.

Parade of Sail

• Thirty-nine tall ships will sail through the mouth of Halifax Harbour today at noon for the Parade of Sail before setting a course for other Nova Scotian ports. Watch from the Dartmouth or Halifax waterfront, the MacDonald Bridge or Point Pleasant Park for the best view of the vessels with their rigging out.

ness doesn't pick up.

Around the corner, a "doctor" wielding a saw proclaimed to his audience yesterday: "I can do an arm in under two minutes; a leg in under three." The crowd roared with laughter as he mimed an amputation.

Today will be the last day in the port city for these

dedicated historians who never break character: "What's a Toyota?" Old Widow Wilson inquired yesterday with a twinkle in her eye.

The Parade of Sail begins at noon, followed by closing ceremonies.

It's the final send off for Mrs. Gunnell's best customers: sailors and pirates.


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Nova Scotia

There are more than 25,000 Mi'kmaq across Atlantic Canada, including more than 15,600 who live on-reserve, according to Indian and Northern Affairs Canada. There are also 5,863 Maliseet, 1,930 Innu and 2,634 Inuit living here, according to the federal government's website. **METRO HALIFAX**

Focus On First Nations

Native life beyond the reserve

Challenges no less great for Aboriginals in the city, says community centre

KRISTEN LIPSCOMBE
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From housing to health care, First Nations people who don't live on reserves often face the same challenges as people who do live on them, the Mi'kmaq Native Friendship Centre says.

"We deal with a lot of the same issues that are on-reserve," Pamela Glode-Desrochers, associate executive director of the community centre nestled on Halifax's Gottingen Street, said late last week.

But one of the biggest barriers, she said, is the lack of funding for a fundamental community resource that is seeing more people walk through its doors.

"We have the same amount of money that we had 15, 20 years ago, but we're servicing more and more people," Glode said. "There's a transition of people coming from reserve into the city to find jobs or (go to) school."

She estimated the centre currently helps more than 1,000 families in the municipality's urban core, whether that's through the youth program, adult



Loysis Toney, 6, colours a dreamcatcher at the Mi'kmaq Native Friendship Centre summer day camp last Thursday in Halifax. Children at the day camp take part in activities such as sweet grass picking, culture workshops and medicine walks.

learning, employment services, or even a needle exchange and methadone clinic.

"We have a lot of people living on the streets ... (and) we have people coming out of institutions that we deal with on a regular basis," she said.

At the same time, many local natives are "going to university, have jobs or are doing something on their own that has helped them make the transition to the urban environment," said John Paul, executive director of the Atlantic Policy Congress of First Nation

Chiefs.

He said there are plenty of successful Haligonians who haven't sacrificed their Mi'kmaq identity, adding that resources such as the friendship centre help local native communities stay connected.

There are 5,000 First Na-

tions people living across the municipality, Paul said.

"People come here with the belief that this is an area of opportunity," he said. "A lot of them have stuck it out ... and have carved out their own lives for their own families, like everybody else in Halifax."

Models of success

KRISTEN LIPSCOMBE
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DEVELOPMENT Membertou First Nation and Millbrook First Nation are shining examples of growth for Nova Scotia's native communities, says the Atlantic Policy Congress of First Nation Chiefs.

Executive director John Paul called the two Mi'kmaq communities flagships, but added chiefs in all of Nova Scotia's native communities are working hard to provide fundamental services such as housing, while also opening up educational opportunities for citizens.

"Everybody is working on the same issues," he said recently. "Over time you'll see most, if not all of our communities

involved in one way, shape or form in economic development."

Nations

- There are 13 Mi'kmaq communities across the province.
- Membertou First Nation is situated three kilometres from Sydney and has a population of about 1,100 people.
- Millbrook First Nation is located on four pieces of land in and around Truro, with a band population of about 1,400.

helped lead his community toward a bright future since first elected in 1984.

"I wanted a better standard of living for the band members up here," he explained to Metro Halifax. That's why he's encouraged economic activity on reserve land, whether it's leasing land to giant grocery chain Sobeys, running a fishery or investing in aquaculture.

In fact, Paul has been named a top 50 CEO by Atlantic Canada Business Magazine and has received a CANDO Economic Developer of the Year Award, among many other honours.

"Some people don't believe it's a First Nation when they go through here," he said of the reserve's success in recent years.

"We're here to stay."

Activist finds balance amid multiple identities

KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

PROFILE Halifax's Candy Palmater calls herself "a dyke-cotomy."

Palmater said that's because she often finds herself walking in two opposite worlds, with a career as a political activist and a raunchy comedian; a family that includes a Mi'kmaq father and a white mother; and a past that includes long-term relationships with men and a present that includes a commitment to a female fiancée.

"I've tried both sides of

every set of tracks there are," Palmater, 40, said with a friendly chuckle inside her Gladstone Street home over the weekend.

While she gussied herself up for a dinner party, it became clear she's also simultaneously down-to-Earth and a diva, with a strong social conscience and an equally strong fashion conscience.

And despite growing up in Point La Nim, N.B., as the youngest of seven children without much money to go around, Palmater wrestled every obstacle that stood in her way.

From leading the union-

ization of a local Tim Hortons to being named valedictorian when she graduated from Dalhousie Law School, Palmater's determination seems to have proven stronger than any discrimination she has faced along her continuing road to success.

"I'm on the outside in so many ways," she said, explaining this is one of the major reasons she emphasizes the importance of kindness and inclusion at her many public-speaking events. "If all of that can live in me, then all of that should be able to be in the world as well."



Candy Palmater, 40, is a colourful comedian and public speaker who isn't afraid to tell it like it is, and isn't afraid to jump over whatever obstacles are put in her way, either. She's just one of Nova Scotia's many Mi'kmaq success stories.

Chiefs seek investment in First Nations in wake of global recession

KRISTEN LIPSCOMBE
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OUTLOOK The foundation for building successful First Nations communities in Nova Scotia includes forming a positive relationship with the province's

new government, encouraging economic development on reserves and ensuring training opportunities for the people who live there, says the Atlantic Policy Congress of First Nation Chiefs.

Those basic building blocks are now more vital

than ever, the congress says, as the "worldwide economic downturn has created an urgent need for provincial investment in First Nations."

"The first people impacted by a financial crisis are new entrants into the industry, including most abo-

riginal businesses and their employees," reads a list of priorities that the province's 13 elected chiefs plan to discuss at this week's annual general Assembly of First Nations in Calgary.

Atlantic Policy Congress executive director John

Paul adds "a strong government-to-government relationship" between band leaders and Premier Darrell Dexter's NDP will help many native communities move from a "scenario of dependence ... to one of a more positive focus toward the future."

Soldier stepped on explosive: Military

A Canadian soldier who was killed last week had stepped on an explosive device before falling to his death in the Panjwaii district of southern Afghanistan, a military official said yesterday, CBC News Online reports. **METRO NEWS SERVICES**

5

Canada



Group calls for action on parks

A conservation advocacy group says Canada needs to act faster to create new parklands and do more to protect those it already has, CBC News Online reports. The Canadian Parks and Wilderness Society's annual report of national and provincial parks said the pace of parks creation across the country slowed significantly in the past 12 months compared to 2008, which it hailed as a "banner year." Because of its sheer size, Canada still has more land dedicated to parks than any other country in the world. **METRO NEWS SERVICES**

Weekly report to spot flu's activity

HEALTH Federal public health officials have launched a new way of tracking the spread of the influenza A (H1N1) virus, also known as swine flu, with a weekly online report designed to spot trends such as a higher number of hospitalizations or other unusual activity.

"The goal of surveillance is to assess the impact of the H1N1 flu virus on our communities so that we can adapt our planned responses to the situation at hand," chief public health officer David Butler-Jones said at a news conference.

"Counting individual cases no longer serves a useful public health purpose."

The new national surveillance system comes after the World Health Organization this week urged countries to stop trying to confirm all cases through laboratory testing because it was yielding little new information that would help to prepare for a pandemic.

TORSTAR NEWS SERVICE

News in brief

COPYRIGHTS The Canadian government, struggling to stay ahead of fast-moving technological developments, will launch consultations this week to help it craft new copyright legislation. **REUTERS**



A forest fire burns on the edge of Kelowna, B.C., yesterday. A fast-growing wildfire has forced thousands of residents to flee their homes, officials said yesterday. The blaze erupted Saturday, consuming at least 300 hectares and destroying at least nine houses in a residential area west of Kelowna, officials and local media said.

Forest fires spreading in B.C.

Around 17,000 residents evacuated as firefighters continue battle against blazes

KRISTEN THOMPSON
Metro Canada



Around 17,000 people have been forced from their homes along Okanagan Lake, west of Kelowna, B.C., as crews battle two out of control wildfires raging in the hot, dry area.

A forest fire near the

Kelowna suburb of Glenrosa covering about 350 hectares started Saturday afternoon. A second blaze about 10 kilometres away broke out at the Rose Valley Dam later that evening.

So far, at least nine buildings have burned down.

Elise Riedlinger, a fire information officer, said the fires cover roughly 450

hectares combined, and efforts to control them have been hampered by scorching temperatures, strong winds and trees killed by pine beetles.

"It's just very dry conditions throughout the area," said Riedlinger.

"(On Saturday) we had quite strong winds that pushed the fire into the larger size at Glenrosa,"

she said, adding that fire is spreading eastward toward Okanagan Lake.

"(Yesterday) with afternoon heating they're expected to gust up to 35 kilometres an hour and that was another challenge for our crews."

Around 125 firefighters, 10 helicopters, eight air tankers and other heavy equipment from the B.C.

Fire Services are being used to manage the two fires because they're so close together. In the meantime, 6,500 homes have been evacuated and others are on alert in Glenrosa, Shannon Woods, West Kelowna, Crystal Springs and Rose Valley.

It's unclear how the fires started, but human activity is suspected.

Outer Space Company coming



In this NASA file photo, Canadian Space Agency astronaut Robert Thirsk gives himself a haircut and uses a vacuum cleaner to collect floating hairs Friday at the International Space Station. Shuttle Endeavour astronauts floated aboard the International Space Station, swelling its crew to a record 13 and marking the start of an ambitious 11-day construction mission.

Blast survivor feared he would die

BOMBING The first thing that Canadian businessman Andrew Cobham remembers about the Jakarta bomb attack he survived on Friday was a booming sound and a bright, white, light.

"There was a loud bang, a bright flash and suddenly you couldn't see anything or anybody. The whole place was in turmoil," Cobham told Reuters on Saturday in a bedside interview at South Jakarta's Metropolitan Medical Centre.

Cobham, 65, an adviser to the consulting firm CastleAsia, was attending a regular business breakfast hosted by the company in

"There was a loud bang, a bright flash and suddenly you couldn't see anything or anybody. The whole place was in turmoil."

Andrew Cobham, Canadian blast survivor

the lobby of the luxury JW Marriott on Friday morning when a suicide bomber struck.

It was followed by another suicide bomb at the nearby Ritz-Carlton Hotel, which is also in Jakarta's main business district.

Cobham, who has lived in Indonesia for about 20 years, said the white light was accompanied by a blast so loud it has destroyed his hearing in his right ear. In the chaotic five minutes that followed Cobham thought he was going to die. "My first thought was that I actually didn't think I was going to survive, and then I thought I was blind because I couldn't see anything or anybody," he said. **REUTERS**

MORE COVERAGE, PG 9

Focus On First Nations

Assembly to choose leader

Men dominate election for national chief, though historically many Nations matriarchal

LAURA EGGERTSON
for Metro Canada

Shirley Williams hopes she will live to see a woman serve as National Chief of the Assembly of First Nations.

But the 70-year-old Ojibway and Odawa elder from Manitoulin Island knows it won't happen this year. There are no women among the five candidates on the ballot in tomorrow's election in Calgary.

Williams, an emeritus professor at Trent University in Peterborough, Ont.,

thinks she knows why.

"We have no women running for National Chief because we have been assimilated to a patriarchal society," she says.

Historically, many First Nations were matriarchal societies. Some still trace their hereditary leadership along matrilineal lines. But Williams, who also instructs Aboriginal languages teachers at Lakehead University in Thunder Bay, Ont., believes the European conquest and the Indian Act's patriarchal structure eroded women's governing authority.

Many Aboriginal women

won't run for the highest political office because they fear being looked down upon, Williams says.

To date only three women have run for National Chief — Marilyn Buffalo, Wendy Grant-John and Roberta Jamison. That's despite the fact that there are now more than 100 women among the 633 First Nations chiefs.

"In my mind, that's not enough," says John Beaucage, former Grand Chief of the Anishinabek Nation. Beaucage is the only candidate for National Chief calling for broad elec-

"We have no women running for National Chief because we have been assimilated to a patriarchal society."

Shirley Williams, Ojibway, Odawa elder, emeritus professor

toral reform.

"This election, win or lose, I'm going to challenge more of our women leaders to step up as (candidates for

National Chief in the next election," he says.

Beaucage believes the AFN should be more inclusive generally, advocating that all First Nations citizens be able to vote for the National Chief. Currently, only the chiefs choose the leader, leaving many Aboriginals — especially the 60 per cent of First Nations members who live off-reserve — feeling disenfranchised.

"The political agenda is left to 633 chiefs for whom there is no standard or necessary qualifications to assume that role. Mostly, you just have to know people,"

Alberta novelist Richard Wagamese wrote in a recent CBC column.

For the next National Chief to truly represent the majority of First Nations members who live off reserve, Wagamese argued, that leader must give urban Aboriginals a significant voice.

For Shirley Williams, that means making sure women's voices are not only heard, but at the table.

"Now that women chiefs are well-educated and coming up, I think we will have a woman as National Chief — some day," she says.

5 main issues of campaign

LAURA EGGERTSON
for Metro Canada

As the five candidates for National Chief of the Assembly of First Nations have criss-crossed the country campaigning, here are a few of the top issues that have emerged:

1 TRANSPARENCY

In response to media requests, Shawn Atleo and John Beaucage released limited details about the sources of their campaign funding. Candidates are allowed to spend \$35,000 on their campaigns. Perry Bellegarde refused, and Bill Wilson and Terry Nelson promised to release details on their websites before tomorrow.

2 ELECTORAL REFORM

John Beaucage has suggested that all First Nations members should be able to vote for the National Chief instead of only the chiefs. Others reject the idea, arguing that the AFN is an advocacy body, and that political power belongs in local com-

3 ECONOMIC DEVELOPMENT

All five candidates have addressed the need to alleviate poverty and develop additional revenue sources in their communities; proposed methods differ, from foreign investment to better enforcement of treaty entitlements.

4 HEALTH

The apparently disproportionate effects of influenza A (H1N1), also known as swine flu, on Aboriginal peoples, focused so far in Manitoba and northern Ontario communities, has the candidates calling for better pandemic resources and response and improved social conditions.

5 EDUCATION

All of the candidates acknowledge the importance of access to education, and they are leery of the federal government's "review" of post-secondary education funding, which the chiefs consider to be a treaty right.



First Nations women and children at a ceremony in Calgary on June 11, 2008 — the day the government of Canada formally apologized to residential school victims.

1.17

million people identified themselves as First Nations, Métis or Inuit, or 3.8 per cent of the total Canadian population.
Number of First Nations: 698,025.
Number of Métis: 389,785.
Number of Inuit: 50,485.

19.9

Percentage of First Nations people with high school or equivalent as highest level of education.

25.5

Percentage of Aboriginals and non-Aboriginals with high school diploma or equivalent as highest level of education.

5

Percentage of First Nations people with bachelor's degree from University as highest level of education.

18

Percentage of Aboriginal and non-Aboriginal people with bachelor's degree from university as highest level of education.

27

Percentage of First Nations children

under age 6 living off-reserve being raised by parents aged 15-24.

8

Percentage of non-Aboriginal children under age 6 being raised by parents aged 15-24.

Injuries

Leading cause of death among Aboriginal people: Injuries (including suicide, motor vehicle accidents, drowning, homicide), diseases of the circulatory system and cancer.

Diseases

Leading cause of death among non-Aboriginal people: Diseases of the circulatory system, cancer and respiratory diseases.

FIGURES COMPILED
BY LAURA EGGERTSON FROM
STATISTICS CANADA 2006 CENSUS

Suicide rate among First Nations youth

Figures in the 2006 census, according to Statistics Canada, show that suicide rates among First Nations youth are five to seven times higher than among non-Aboriginal youth. **METRO CANADA**

canada 7

Focus On First Nations

5 candidates for AFN chief

Assembly of First Nations to choose one of these five to be their next leader in Canada



SHAWN ATLEO
At six years old, when Shawn Atleo walked through the Ahousaht

village on B.C.'s Flores Island, the elders would stop him to explain his role and responsibilities in life.

As a hereditary chief, that role was to care for the land and support his people.

Now 42, Atleo, the chancellor of Vancouver Island University and a regional chief of the Assembly of First Nations, is taking that responsibility as a sacred trust.

He is running for National Chief of the AFN on a platform emphasizing consensus — the need for the country's 633 First Nations to work together to overcome shared challenges.

Those challenges include implementing and negotiating treaties, and improving the social conditions born of the impacts of residential schools, the Indian Act, and lack of access to economic opportunities, he says.

He cites Canada's unwillingness to sign the UN Decla-

Support

- Atleo, the father of two young adults and "one grand-puppy," believes Canadians will support Aboriginals if they are better educated to understand their issues.

ration on the Rights of Indigenous Peoples as an example of the country's "long-standing non-recognition of our treaty rights," which will only be overcome if Aboriginals focus their collective efforts.

Atleo, a member of the Ahousaht First Nation, graduated with a masters' degree in education from the University of Technology in Sydney, Australia. He is passionate about the opportunities education creates. He has served as the executive director of a family addictions treatment and run a post-secondary training institute.

He has lost childhood friends to violence, suicide, overdoses and HIV-AIDS.

"It's time to overcome the gap of understanding among people in this country," he says.

LAURA EGGERTSON/
FOR METRO CANADA



PERRY BELLEGARDE
As the first status Indian to graduate from the University of Regina in business administration,

Perry Bellegarde understands the importance of economic development for Canada's Aboriginal Peoples.

That's why Bellegarde, 46, emphasizes the "four Es" as he runs for National Chief of the Assembly of First Nations: Education, Economic Development, and the Environment.

A former Grand Chief of the Federation of Saskatchewan Indians, Bellegarde grew up on the Little Black Bear First Nation in Saskatchewan's Qu'Appelle Valley. But he has "walked in both

worlds," he says. He has also been a director of personnel at the Saskatchewan Indian Institute of Technologies and vice-president of the Crown Investments Corporation in Regina.

Bellegarde believes self-government is "empty and meaningless" until it is coupled with economic self-sufficiency, which requires access to land and resources, he says. At the same time,

First Nations need to respect the environment.

Bellegarde also understands the importance of educational opportunities for aboriginal youth, including his three sons, nieces and nephews.

"Education and training is key for our people," he says.

"We need more and more First Nations people at all the decision-making tables," he says.

LAURA EGGERTSON/
FOR METRO CANADA

Funding cap

- As Grand Chief, Bellegarde would push the federal government to remove the two-per cent funding cap on transfers to First Nations' programs, would educate politicians and Canadians about the "Third World" conditions on many reserves, and plans to negotiate resource royalties from industry and governments.



JOHN BEAUCAGE
John Beaucage knows that constitutional conferences are a scary

prospect for Canadians.

But the 57-year-old Ojibway businessman, Chief of the Wasauksing First Nation and candidate for National Chief of the Assembly of First Nations wants one.

"We were promised another constitutional conference quite some time ago, specifically on First Nations' governance and First Nations' issues," says Beaucage.

Beaucage, who has spent much of his career as a property developer and manager, believes a constitutional amendment would give Aboriginal people more economic opportunity. Recognizing First Nations as an order of government would give them authority to levy taxes against resource companies operating in their jurisdiction, for example.

Economic self-sufficiency will also come by ensuring governments implement treaties, Beaucage adds, and

AFN reform

- Alone among the other candidates, Beaucage calls for AFN reform, so all band members can vote for the National Chief, rather than only elected chiefs. One day, he'd like to see the votes of his four children and their children count.

by creating partnerships with non-native and native companies alike. He hopes to establish a blue-ribbon committee to focus on the on- and off-reserve Aboriginal economy.

"I've always said that my ancestors didn't sign the treaties thinking that their descendants would be forever poor," Beaucage says. After growing up near Parry Sound, Ont., Beaucage graduated from the University of Western Ontario with an Arts' degree in English and economics.

"We should be more inclusive of all our citizens, no matter where they are. There is a disconnect between the AFN and our urban citizens," he adds.

LAURA EGGERTSON/
FOR METRO CANADA



TERRANCE NELSON
Terrance Nelson is anything but shy about the radical role he's playing

in the campaign for the Assembly of First Nations' National Chief.

Electing the Chief of Manitoba's Roseau River First Nation would be a "nightmare scenario," according to the National Post's John Ivison. Nelson reports with pride. Former Manitoba premier Gary Filmon called him an "eco-terrorist," he repeats, almost gleefully. That's fine by Nelson, 56, who is on the governing council of the American Indian Movement south of the border.

The Ojibway leader wants foreign investors — particularly Chinese and Americans — to develop resources, from oil and gas to diamonds and hydro dams, on reserves. That would allow Aboriginals to build their own schools, health centres, and housing developments, as businesses, not handouts.

He's told the Dene and Inuit to meet with Americans about the Arctic, that "they don't need to be part

Manitoba

- A self-taught economist, the father of five has gone to the courts to enforce treaty entitlements and to bond agencies to shame his province. In December 2006, his was the motion that proposed a National Day of Action.

of Canada if Canada is not willing to share the resource base with indigenous peoples."

Nelson, who graduated from the University of Manitoba with an undergraduate degree in psychology, intended to be a school counsellor. Instead, he's worked as a consultant, researcher and author, of books including *Genocide in Canada*.

His message to other chiefs: Change, and manage orderly change, or young Aboriginals will orchestrate chaotic change. Nelson's not out to destroy Canada, he insists. But "I've tapped into the anger and frustration, so expect some surprises in Calgary," he says. "Watch me, as Trudeau said."

LAURA EGGERTSON/
FOR METRO CANADA



BILL WILSON
Chief Bill Wilson readily admits he grew up in luxury, never enduring

the deprivation he sees on many First Nations.

The son of a wealthy fisherman on Vancouver Island and a mother who excelled in throwing potlaches, Wilson, 65, was the "spoiled rotten" youngest of 17 children.

All the same, he's dedicated to alleviating poverty by providing Aboriginals with access to education and jobs.

"Learning is a way out of this," he says.

"But if it's 28 below zero and you have no running water and no electricity, like many Indian homes, it's pretty hard to think that you're going to study by candlelight to become a Rhodes Scholar."

Wilson advocates building bridges to in-

Ancestry

- Wilson is a member of the Cape Mudge First Nation, and is a Musgamagw/Kwakwaka'wakw Aboriginal. Through his mother's people, the Kwikwasut'inux of Gilford Island, he is a hereditary chief.

vestors who will cut First Nations in on resource deals. Canadians must recognize and utilize the young Aboriginals who comprise the largest unemployed labour pool in the country, he says.

Those young people need skills and trades, and the opportunity to get the education he had. In 1973, Wilson graduated from UBC law school, though he has spent most of his career as a consultant, treaty negotiator and teacher of self-esteem, public speaking and confidence-building.

In that role he presses home his point about the value of work.

"If we get off our buns we can do anything we want, because we have thousands and thousands of brilliant Indian people, many of them living on reserves," Wilson says.

LAURA EGGERTSON/
FOR METRO CANADA

According to Statistics Canada and the 2006 census, the average unemployment rate among First Nations people is 18 per cent. The average unemployment rate among total Aboriginal and non-Aboriginal Peoples is 6.6 per cent. **METRO CANADA**

Focus On First Nations



Vancouver artist Pamela Masik is shown in Vancouver's Gastown June 24, at the unveiling of Mona — the first of 69 paintings she created depicting missing Downtown Eastside women.

Aboriginal women missing

80 per cent of 3,000 missing women in B.C. are from First Nations

DANIEL TAM
for Metro Canada

About 3,000 women have disappeared in British Columbia — about 80 per cent of them Aboriginal — and so far, no public inquiry has been launched, no massive police investigation is planned and as the decades pass the number continues to grow.

Bernie Williams, who knows some of the family members of the "mothers, sisters and daughters" who disappeared, said not knowing whether they're still alive is an struggle.

"You just keep ... hoping that one day there's going to

be answers for the families," Williams said. "(They) need closure and answers."

Williams grew up alone, her mother and two sisters were all killed in the Downtown Eastside in the 1970s in separate incidents. But she knew their fate, unlike some of the people she met in the foster homes and residential schools she was raised in.

They deserve a public inquiry, she said.

To push the issue, Williams co-founded Walk4Justice, a group of trekkers who last June began a march to Ottawa to draw attention to the ongoing issue. Along the way, the group stopped at the

Highway of Tears

• Bernie Williams said women are still disappearing today, from urban centres and from the stretch of Highway 16 near Prince George dubbed the Highway of Tears. At least 18 women have gone missing there.

farm where serial killer Robert Pickton took Downtown Eastside women who were never seen again.

RCMP "E" Division spokesman Rob Vermeulen with the Joint Missing Women's Task Force said people don't hear about the behind-the-scenes efforts.

A poster with 69 of the

missing women was created at the time of the Pickton investigation.

"There were also another 103 reports of missing women who didn't make it to the poster ... and were all found" Vermeulen said. "There's a lot of other work going on."

Williams said she feels Aboriginal women are preyed on.

"I feel because they're poor, they're more vulnerable," said Williams. "It's because of their lifestyle that they're easier to be attacked. These are very trusting women, too."

Only a public inquiry, she said, can bring peace to their relatives.

5 pressing issues

LAURA EGGERTSON
for Metro Canada

During the Assembly of First Nations' annual meeting in Calgary and the election of the National Chief, the 633 chiefs attending also pass resolutions indicative of the most pressing issues in their relationship with the federal government and the rest of Canada. Based on the resolutions, and conversations with First Nations members, look for these topics to dominate the next four years:

1 TRUTH AND RECONCILIATION

Survivors of residential schools are anxious to see the stalled Truth and Reconciliation Commission get underway under new chair, Justice Murray Sinclair.

Former students need to tell their stories; they also need Canadians to hear them.

2 FUNDING

Funding. For the last 10 years, the federal government has placed a two per cent cap on its core funding of programs to Aboriginal Peoples.

Although Ottawa has budgeted \$10.8 billion in 2009-10 (across all federal departments), the chiefs want the cap removed, arguing it doesn't keep pace with demographics and cost of living, particularly in education and health. Indian Affairs and Northern Development says it reallocates within that

cap to fund the most pressing needs.

3 YOUTH SUICIDE

Young Aboriginal people have a suicide rate estimated at five to six times the national average.

A resolution calling for a National Aboriginal Youth Suicide Prevention Strategy is on the floor.

4 ECONOMIC DEVELOPMENT

Chief Don Moses of B.C.'s Lower Nicola Band is calling for the creation of a First Nations Business Institute to provide grants, contributions or loans to First Nations businesses.

Sky-high unemployment rates on reserves are driving this proposal. Access to resources on Aboriginal land is also a hot topic, and the chiefs also want a federal economic development strategy for Aboriginal Peoples.

5 GOVERNANCE

The federal government is increasingly pushing First Nations for transparent accounting and governance practices on reserves; many chiefs consider this an autonomy issue and push back.

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Federal funds for First Nations equals about \$18K a person a year

CHARLES DAVIES
for Metro Canada

Stories of deprivation, poverty and illness in First Nations communities are so common that they pass unnoticed by most Canadians.

Homes on the Fort Albany First Nation in northern Ontario are contaminated with mould, yet families continue to live in them, risking respiratory problems.

Members of communities across the country are held at greater risk of contracting the H1N1 virus than other Canadians. And then there's the Cree First Na-

tion's Kashechewan Reserve in northern Ontario, where periodic evacuations due to flooding have been punctuated by tales of tainted water, substandard housing, addiction and suicides.

If money alone could solve aboriginal problems, living conditions for Canada's more than 600 native bands would be far better than they are.

This fiscal year alone, the Indian Affairs and Northern Development Department will spend \$6.9 billion on First Nations and Aboriginal Peoples, an increase of nearly 11 per cent from the previous year.

To put it in perspective, Indian Affairs accounts for

Three per cent of budget

• This fiscal year alone, the Indian Affairs and Northern Development Department will spend \$6.9 billion on First Nations and Aboriginal Peoples, an increase of near-

ly 11 per cent from the previous year. To put it in perspective, Indian Affairs accounts for slightly less than three per cent of all federal spending.

That's small compared to Human Resources and Skills Development, \$42.2 billion, and National Defence, \$19.2 billion, but it surpasses the \$2.6 billion that will be spent on the Royal Canadian Mounted Police.

What's important, however, isn't that Indian Af-

airs spends roughly \$18,000 a year for every Aboriginal person, but how the money is doled out and managed.

Under the Indian Act of 1876, still the dominant legislation governing Aboriginal Peoples, federal cash flows to individual bands for everything from education, health and housing to economic development and

resource management.

While the act itself doesn't deal with accountability, each First Nation must submit an audited annual financial statement to Indian Affairs.

And since last July, Indian Affairs has reserved the right to do forensic audits of individual spending programs.

The move to tighten accountability comes after too many instances of financial mismanagement by band councils. Sometimes corruption is at the root, but more often the problem is one of competence.

Two years ago, the auditor general noted that three-quarters of all First

Nations were run by inexperienced, untrained staff who bungled everything from housing construction to water purification systems.

In some cases, such as Alberta's Pilikani Nation and Ontario's Pikangikum Nation, Indian Affairs has had to temporarily take over control of finances.

The department itself doesn't score much better, given its predilection for paperwork and bureaucracy, and instances of inadequate financial management in British Columbia and Manitoba. Money gets spent, but often there's little monitoring, and little or nothing is accomplished.

White House stands by August goal for health-care bill

White House budget director Peter Orszag said yesterday the administration was sticking with its goal of having the Senate and House of Representatives pass their versions of a health-care overhaul bill before they break for their August recess. **REUTERS**

9

World



Airline staff on flu lookout

British Airways has told its check-in staff to look out for passengers showing symptoms of influenza A (H1N1), also known as swine flu, and to alert doctors who could bar them from boarding a flight, the airline said yesterday. Calling the measures "standard practice" for a medical situation, a spokeswoman said only a handful of people had so far been turned away as a result of the medical checks. **REUTERS**

Bombings have militant hallmark: Police

JAKARTA Indonesian police said yesterday that deadly attacks on two Jakarta hotels used the same methods and equipment as previous bombings by a militant Islamist group.

Investigators were working to reconstruct the face of one of the suspected suicide bombers from Friday's attacks on the JW Marriott and Ritz-Carlton that killed nine people and wounded 53.

The blasts left some bodies so badly mutilated they were difficult to identify and two decapitated corpses were believed by police to belong to the suicide bombers.

Police said the bombers had checked in to the Marriott as paying guests on Wednesday and had assembled the bombs in their room. A third bomb was found and defused in a lap-



A child places a flower in front of the Ritz-Carlton hotel yesterday in Jakarta, Indonesia.

top computer bag in room 1808.

Police spokesman Nanan Soekarna said the attacks bore the hallmarks of Jemaah Islamiah, the radical militant Islamist group responsible for a string of deadly attacks in Jakarta and Bali that seemed to end in 2005.

"The method, the equipment used is the same as both bombs in Bali and the one found in Cilacap," he added, referring to the Bali attacks in 2002 and 2005, and bomb equipment police recently found during raids in Cilacap, Central Java.

REUTERS

Chopper crash leaves 16 dead

Aircraft falls at Afghan NATO base

A civilian helicopter under contract for NATO forces in Afghanistan crashed at a military base in the south of the country yesterday, killing 16 people and wounding five others, the alliance said.

Capt. Ruben Hoornveld, a Dutch NATO spokesman at Kandahar Air Field, said there was no enemy involvement in the crash, which took place as the helicopter was taking off from the base, NATO's headquarters in the south of the country.

Russia's Interfax news agency described the helicopter as an Mi-8 transporter, operated by a Rus-

2nd incident

• Last Tuesday, six Ukrainian crew members died aboard a Soviet-built Mi-26 transport helicopter that crashed in Helmand province.

ian firm, which had 17 passengers and three crew on board at the time of the crash. It gave the death toll as 15.

NATO troops in Afghanistan rely heavily on aircraft from the former Soviet Union for cargo and transport flights in a country where travel by road is often difficult.

REUTERS

News in brief

ISRAEL Prime Minister Benjamin Netanyahu, saying he would not take orders over Israeli settlement in East Jerusalem, rejected yesterday a U.S. demand to halt plans to build more homes for Jews in the disputed area.

HONDURAS Talks to resolve Honduras' political crisis dragged into a second day yesterday, with negotiators for deposed President Manuel Zelaya and coup leaders deadlocked over his proposed return to power. However, both sides at the talks in the Costa Rican capital appeared to agree over the creation of a coalition government for Honduras.

IRAN Iranian President Mahmoud Ahmadinejad has come under fire from leading hardliners for naming as his top deputy a man who said Iran was friends with everyone, including arch-foe Israel, local media said yesterday.

REUTERS

STAYNER'S WHARF PUB & GRILL



Presents the mason chapman band



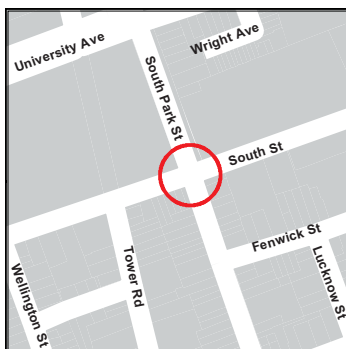
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As part of this important infrastructure project, the intersection of South and South Park Streets will be partially closed to traffic for a duration of approximately seven weeks. This closure will be maintained 24 hours a day, seven days a week.

- There will be no on-street parking in the work zone;
- The South/South Park Street intersection will be closed to traffic travelling east bound on South Street and south bound on South Park Street;

- One lane, one-way traffic will be maintained

in the east lane of South Park Street heading north and traffic in the north lane of South Street heading west will be able to turn right onto South Park Street heading north;

- Access to the VG Hospital entrance will be maintained on South Park Street;
- Pedestrian access will be maintained.

The closure will cause traffic congestion. Motorists are urged to stay alert and to seek an alternate route to avoid traffic and delays.

All shops and services adjacent to the work zone will remain open during the construction period.

Municipal service disruptions, if required, will be kept to a minimum duration and affected residents and businesses will be notified in advance.

Traffic control personnel will be on site to ensure smooth traffic flow. On-site personnel will also maintain communication with local residents and businesses to help minimize disruption. Regular hours of work will be Monday to Friday 7:00am to 6:00pm, with weekend work as required.

We apologize for any inconvenience this necessary work may cause. For more information please visit www.halifaxwater.ca Contacts: Steve Hogan at 240-1289 or Jamie Hannam at 490-4804

chillin metro's kooolest

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Comment

Avoiding summer peril

HineSight

Anne Hines

metronews.ca/hinesight

Ah, mid-July. Time to participate in one of the great pleasures of summer in Canada: Talking about how it isn't winter. Also, time to head to the cottage or campsite for a little relaxation. To help make the most of your time, I present the Hine-Sight Guide to Avoiding Outdoor Dangers.

1. Every summer, a terrible scourge sweeps vacation country, threatening to destroy the well-being of all it comes near. I refer to the dreaded OPC or, as it's commonly called Other People's Children. When our own children run around the campsite, blast-

ing like banshees, they're charming, high spirited imps. When other people's children do this, they are ill-behaved future felons whose parents likely check out 12 grocery items in lines clearly marked "eight." However, it is wrong to wish OPC did not exist. We need them to entertain

our own kids while we have a nap.

2. This peril of the northlands comes by many names. It may be Country Sweets, Pine Tree Pies or Little Shop of Lard. Whatever

it's called, step in the door and you can practically hear your arteries slamming shut. There's a reason cottage country is full of bakeries. It's an evil plot by aliens intent on destroying humankind by seducing us into consuming fatty treats, thus negating the health benefits of hiking, canoeing or swimming. OK, maybe this sounds a little far fetched, but every morning

when I hit that third cherry-cheese-Danish-of-the-day sugar high, I'm convinced it's true. Bottom line: Stay out of the bakeshops. Then I won't have to wait in line.

3. Alcohol. Sure we've been warned, but many

adults still go on vacation and end up foolishly mixing their alcohol. With board games. After one too many beers, it's not uncommon to believe you can buy Park Place with a sub-prime mortgage or that "gzerniq" is an excellent Scrabble word.

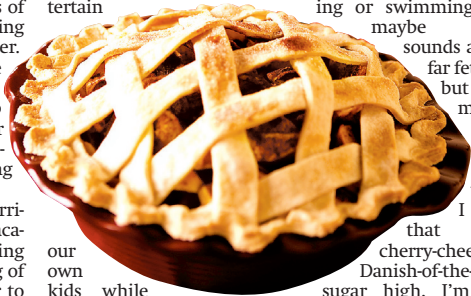
Alcohol mixed with card games is also a no-go. Recently, having enjoyed two gin and tonics, I was convinced I could win a Euchre hand with a fist full of 10s.

My partner, Liz, says she wouldn't have minded, except that we were playing Hearts at the time.

The lesson is clear: If you drink, don't deal.

Follow these suggestions and you'll find life in the wild a little less, well, wild. Next week, camping tips: The top 10 plants you should never use as toilet paper.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Views

Rekindle your love for the outdoors

CleanBreak

Rochelle Owen

metronews.ca/cleanbreak

Research has shown many people have developed their love for the natural world through positive outdoor experiences they had as children. There are a lot of fun family activities that can bring you closer to nature. Here is but a few.

Join close to a million people around the world through an international game of hide and seek called Geocaching. Participants involved in geocaching hide and find "geocaches." Geocaches are usually a waterproof container with small treasures of information and

items. Cachers use global position system (GPS) technology to share the location of the geocache online. If you go to geocaching.com and type in your postal code you can find caches in your area. I used the Google map function and found hundreds of geocaches waiting to be discovered in metro Halifax.

You can click on the print description to get the latitude and longitude of the location or download co-ordinates directly to a device that has GPS. Many local parks like Hemlock Ravine and watershed areas have geocaches located for you to find as you hike through natural areas.

The beauty of living in the

metro area is that you can explore on land and sea. From the Dartmouth side of the harbour, McNabs Island is minutes away. The McNabs Island Ferry runs from

Fisherman's Cove in Eastern Passage. From the Halifax side there are also private charters. Once you are on the island there is a lot to see. Some small patches of older maple, beech and spruce remain along with native and non-native plants placed by early European settlers. Birds abound along with other small mammals. History is readily observed from Mi'kmaq shell piles to English military forts. Camping is allowed on certain sections of

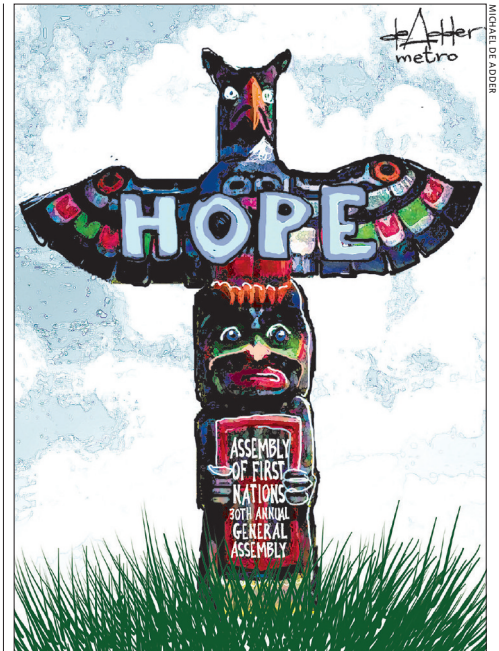
the Island with permission from the Department of Natural Resources.

For more in-depth information on the island and boat charter information visit the Friends of McNabs Island Society website.

If you want to paddle on the Northwest Arm, during summer weekends HRM's St. Mary's Boat Club rents canoes for \$8 an hour per canoe, including safety equipment. Canoe Kayak Nova Scotia's .cnks.ca provides a list of commercial kayak and canoe rental locations in metro Halifax and across Nova Scotia.

Lastly, I have to mention a personal favourite of mine: Riding inner tubes down the Gaspereau River near Wolfville.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.



Worth mentioning

Celeb playlists pump up the fitness volume

Music can be as crucial to exercise as water and spandex, and a spinning instructor's playlist or an iPod's inventory can make or break a workout. As part of its branding strategy, the upscale fitness club chain Equinox has enlisted artists like Madonna, Stevie Nicks, Cyndi Lauper and Michael Buble to submit their own playlists for EQ Sessions Celebrity Sets that will launch at Equinox.com this fall.

Equinox pays close attention to the connection between music and fitness. In addition to programming the music played in the clubs, the company's creative director curates monthly playlists — EQ Sessions — that, like the celebrity playlists will be, are available through the Equinox website. Links take

users directly to iTunes, where the playlists are organized through iTunes' iMix function for purchase at the tracks' standard price.

Equinox creative director Bianca Kosoy says the company's approach to music is part of a broader strategy to curate a lifestyle experience for members.

"On the whole our target demographic is successful, and they are more drawn to making a purchasing decision, including joining a gym, based on the feeling that they are going to be introduced to the new and noteworthy," Kosoy says. "Music is obviously a very high-profile touch point for them."

There isn't a financial arrangement between Equinox and participating artists, beyond the promotion of the lists using the celebrities' names.

REUTERS

Metro Online Poll Results

85%
SAID
YES

Are you concerned about Facebook storing personal information?

Weigh in on today's question at metronews.ca

15%
SAID
NO

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 Colombia.....	3.9 ¢
 Ecuador.....	12.9 ¢
 Guatemala....	10.9 ¢
 Guyana.....	27.9 ¢
 Honduras.....	15.9 ¢
 Trinidad.....	7.9 ¢

South Asia

 Afghanistan..	24.9 ¢
 Bangladesh....	3.9 ¢
 Bhutan.....	15.9 ¢
 Nepal.....	7.9 ¢
 Pakistan.....	5.9 ¢
 Sri Lanka.....	11.9 ¢

Middle East

 Egypt.....	14.9 ¢
 Iran.....	3.9 ¢
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Going Green

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

Cost of keeping cool

A stand up fan uses 75 watts; a window unit, 100 watts. Running them for 12 hours a day will use 2.1 kilowatt-hours of electricity, costing about 21 cents. A 1,000-watt air-conditioner, running for three-quarters of the day will use 18 kilowatt hours, and cost about \$1.80. A central air-conditioner can use up to 3,500 watts, or 63 kilowatt hours a day, and cost about \$6.30. TORSTAR NEWS SERVICE

Federal environment rules tame

This week Metro is focussing on the challenges facing Canada's First Nations. One contributing factor in the erosion of the traditional

FocusOn First Nations

lifestyle and therefore culture is environmental degradation on reserves.

Aboriginal peoples are at particularly high risk because traditionally, they depend on local fish and wildlife for a larger part of their diet.

In the 1970s the Grassy

Narrows and White Dog reserves made headlines when large numbers of people living on these reserves were found to be suffering from mercury poisoning. This poisoning was

traced to high mercury levels in waterways on the reserves which lead to high mercury levels in the fish that were consumed by the residents of the reserves.

Unfortunately the experience of the Grassy Narrows and White Dog reserves residents is not unique. The construction of hydro-electric plants along the St. Lawrence River has led to the contamination of the river, and land along the river in Ontario, Quebec, and northern New York State with PCBs.

PCBs are a particular problem for people who eat local fish and wildlife because they bioaccumulate.

PCBs are not very soluble in water but are very soluble in fat. When PCBs enter a small fish's body, rather than being excreted, they are stored in the small fish's fatty tissues. If a larger fish eats 100 small fish it will store all the PCBs from the 100 small fish in its fatty tissues. If we then come along and eat 10 large fish, we will then be storing the PCB from 1,000 small fish in our fatty tissues.

Breast milk contains a high percentage of fat. If a mother has PCBs stored in her fat, she will pass them along to her child in breast milk. This is what has happened at the Akwesasne Mohawk Nation. The Akwesasne people had to stop eating local fish and wildlife because of the PCB levels that were found in their bodies and in doing so, part of their culture was taken away.

These problems persist on reserves to the present day. The Aamjiwnaang First Nation Reserve near Sarnia, Ont., is located in the heart of petrochemical manufacturing country. Their soil and water has been found to be contaminated with dioxins, PCBs, pesticides,

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

and metals. The Aamjiwnaang people have to put up with odours, are unable to swim or fish from their rivers and have high rates of asthma in children. Speaking of children, at the Aamjiwnaang First Nation two girls were born for every boy and it is hypothesized that endocrine disruptors were to blame for this.

The Mikisew Cree and Athabasca Chipewyan First Nations in Northern Alberta are currently attempting to protect their traditional hunting and fishing grounds from environmental damage. They claim that the development of the Alberta oilsands is threatening their traditional way of life. They cite increased cases of cancer, lower water levels and a decline in the wildlife in the area. A British bank agrees with the First Nations and has donated \$190,000 to the Cree to help fund a lawsuit against the Albertan and Canadian governments.

One of the major factors in environmental problems on First Nations lands is that the reserves are regulated by the federal government not by the provinces and federal environmental regulations are weaker than those of the individual provinces. So clearly Ottawa has to step up.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.



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Icahn champions Microsoft-Yahoo search deal

Activist investor Carl Icahn spoke out in favour of a search deal between Yahoo Inc. and Microsoft Corp., as talks between the two companies appeared to regain momentum. Icahn had tried to broker a partnership between the two companies last year, when talks on Microsoft's \$47.5 billion US takeover bid for Yahoo fell apart. **REUTERS**

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Business



United Technologies chair divorces

United Technologies chairman George David, left, and Swedish countess Marie Douglas-David reached a settlement Friday in their nearly two-year-long divorce battle, according to the Hartford Courant. The court squabble became tabloid fodder for New York and Connecticut newspapers, which reported details of infidelity and luxurious spending. David previously served as chief executive of the world's largest maker of elevators and air conditioners. **REUTERS**

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Inflation's first slide since '94

Tumbling energy costs thrust Canada's annual inflation rate in June into negative territory for the first time in 15 years.

Statistics Canada reported yesterday that consumer prices fell 0.3 per cent compared with the same month last year.

In theory, the negative reading marks Canada's first trace of deflation since November 1994, and the biggest drop since August 1955.

Economists, however,

Leaders stay the course on stimulus

• Earlier this month, world leaders at the G8 summit decided to stay the course on stimulus, despite signs of economic

stability. They also agreed that countries should enact "exit strategies" once the recovery is in full bloom. says June's result is unlikely to trigger widespread deflation. Nonetheless, the first signs of negative inflation added fresh fuel to the debate on whether the government ought to bulk up its fiscal stimulus plan. "Negative inflation

leaves room for further stimulus without much risk of fuelling excessive inflation," said Erin Weir, an economist with the United Steelworkers. He adds Canada should create a second stimulus package "because its first stimulus

package was too small, a low debt-to-GDP ratio affords ample room to finance more stimulus, and more stimulus will be needed to create jobs even after economic growth resumes." He argues short-term stimulus and long-term public investment will create more jobs.

While the recession could end this year, it could take up to two years for a job market revival based on historical patterns. **TORSTAR NEWS SERVICE**

Cost-cutting gains may turn to pain, analyst says

RECESSION Much of Corporate America has slashed costs during the recession, but that could also remove the ability to grow in a recovery. "If you cut into flesh long enough, eventually you find bone," said David Rosenberg, chief economist at Gluskin Sheff in Toronto. "Cost cutting is not a bottomless pit."

Firing people, hiring freezes, halting investments, and slicing budgets

"If you cut into flesh long enough, eventually you find bone."

David Rosenberg are time-tested ways to save. A slew of companies reported better-than-expected first-quarter results because aggressive budget slashing more than made up for falling sales. **REUTERS**

Business in brief

COURT The Canadian government took U.S. Steel Corp. to court Friday over production cutbacks at its Stelco plants in Hamilton and Nanticoke, Ont., Industry Minister Tony Clement announced Friday.

Clement said U.S. Steel had not completed commitments it made when it took over the Hamilton-based company. U.S. Steel has temporarily shut down both plants.

RETAIL Golden Gate Capital

won an auction for Eddie Bauer Holdings Inc. with a \$286-million US cash bid and agreed to keep open most of its 370 stores, the bankrupt apparel retailer said Friday. The U.S. recession left the company

\$427 million US in debt.

COFFEE Starbucks Corp. should begin reaping benefits from slashing costs and closing stores, but analysts say growth could remain elusive until the economy heals. **REUTERS**

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RYAN | DUFFY'S

Paul Lawrie made a double eagle, the rarest shot in golf, yesterday in the final round of the British Open. The former Open champion hit a 4-iron into the hole on the par-5 seventh yesterday. It was the first double eagle — also known as an albatross — at the Open since Gary Evans in the opening round at Royal Troon in 2004. **METRO NEWS SERVICES**

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Cink wins Open in playoff

59-year-old Watson falls just short of a record-tying win

Tom Watson's remarkable bid for a British Open victory at the age of 59 fell agonizingly short yesterday when he lost to fellow American Stewart Cink in a four-hole playoff.

Seeking a record-tying sixth Claret Jug, Watson squandered the chance to become golf's oldest major champion when he over-shot the green before missing an eight-foot par putt on the 72nd hole.

Cink, who had earlier rolled in a 15-footer there for a birdie three to take the clubhouse lead on two-under 278 at Turnberry's Ailsa Course, took advantage to seal his maiden major title.

"I'm a little intimidated by this piece of hardware here," an emotional Cink, 36, said after being presented with the Claret Jug on the 18th green.

"There are a lot of emotions running through my mind and heart and I'm as proud as I can be to be here with this (trophy).

"It was fun watching Tom all week and I'm sure I



Stewart Cink holds the Claret Jug as he stands with runner-up Tom Watson yesterday after winning the British Open at the Turnberry Golf Club in Scotland.

speak for all the rest of the people too."

Cink won the first extra hole, the fifth, with a par when Watson took a five after hitting his approach into a greenside bunker and

hitting an ugly third shot from the sand.

They each parred the second extra hole, the par-three sixth, before Cink effectively sealed the win at the par-five 17th with a two-

putt birdie.

Watson double-bogeyed the hole after driving into thick rough on the right and taking two more shots to reach the fairway.

REUTERS

Padre still in hospital

San Diego Padres second baseman Edgar Gonzalez, left, remained in hospital yesterday with dizziness after he was hit in the head by a 93 m.p.h. pitch on Saturday. Gonzalez did not have a skull fracture or a concussion, but complained of dizziness and ringing in his ears, reports said.

METRO NEWS SERVICES



Armstrong calls Contador 'best rider in the world'

TOUR DE FRANCE Alberto Contador is the best rider in the world and showed yesterday he has what it takes to win this year's Tour de France, his teammate and great rival Lance Armstrong said.

"Now you know who's the best rider in the world and the best rider in the race. In the past I was the best, now he's the best," he told journalists after the Spaniard's takeover in the Tour 15th stage in Verbier yesterday.

Since Armstrong retired after a record seventh

Tour victory four years ago, Contador had been peerless in big Tours, winning the Tour in 2007, the Giro d'Italia and the Spanish Vuelta in 2008.

But the bold return of the Texan at 37 had raised doubts that the Spaniard might now have to deal with his most serious challenger inside his own Astana team.

The Spaniard set the record straight in the last five kilometres of the short, but steep climb to Verbier.

REUTERS

Defending Carquest champ wins first leg of Triple Crown

AUTO RACING Timberlea's Wayne Smith is a third of the way toward earning a \$50,000 bonus from the Carquest Pro Stock Tour.

Smith won the IWK 250 yesterday at Riverside International Speedway in James River, Antigonish County, yesterday, taking the first leg of a Triple Crown series that pays out \$50,000 to any driver that wins all three races.

The defending Carquest champion had some heady competition, including NASCAR drivers David Reutimann (third) and Regan Smith (10th). P.E.I. racers Kent Vincent (second) and Greg Proude (fourth) had

strong outings, while Craig Slaunwhite of Terence Bay rounded out the top five.

The IWK 250 had been scheduled for Saturday but was rained out.

Carquest drivers earned show points for the IWK 250. The tour resumes Saturday in Fredericton, N.B., with the Parts For Trucks 100. The next Triple Crown event is the Atlantic Cat 250 on Aug. 8 and the series concludes on Sept. 6.

METRO HALIFAX



Wayne Smith

Mooseheads sign radio deal

HOCKEY The Halifax Mooseheads have struck a radio deal to have all of their games aired on News 95.7.

The Mooseheads announced the deal Friday that will see play-by-play man John Moore voice live all 68 of the team's QMJHL games in 2009-10. The deal also calls for a 15-minute pre-game show

and a 30-minute post-game show.

This will mark Moore's 13th season behind the microphone.

The Mooseheads open the season on Sept. 11 in Sydney against the Cape Breton Screaming Eagles. Training camp opens on Aug. 19 at Cole Harbour Place.

METRO HALIFAX

Sports in brief

SWIMMING Halifax's David Sharpe won a silver medal at the Canadian age group swimming championships in Montreal on the weekend. He came second in the 100-metre butterfly (aged 16 to 18) in 55.23 seconds. Olivia Feschuk, also of Halifax, won bronze in 100-metre butterfly (age 13-14).

BOXING Heavyweight Eddie Dawson of Porters Lake earned a four-round victory on scorecards over Vancouver's Tiny Brown at a pro-am boxing card in Sackville on Friday. Dawson is 9-3-1. Halifax's Jordan Clarke broke his jaw in a draw with Dartmouth's Juan Sanchez in the other pro bout.

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Nova Scotia contingent grows

CANOE-KAYAK Eleven paddlers will represent Nova Scotia at the world sprint canoe-kayak championships in August.

Seven Bluenosers squeaked onto the Canadian roster at the last minute over the weekend at the final set of selection trials in Montreal, earning the right to compete at worlds on Lake Banook in Dartmouth from Aug. 13 to 16.

On the women's side, kayaker Jillian D'Alessio of Middle Sackville and the Dartmouth canoe tandem of Jenna Marks and Maria Halavrezos made the team.

On the men's side, Dartmouth's Benjamin Russell and Halifax's Richard Dalton made it in canoe and Halifax's Mark de Jonge and Hammonds Plains's Ryan Cochrane in kayak.

Kayakers Karen Furneaux of Waverley, Genevieve Orton of Lake Echo and Una Louder of Dartmouth and canoeist Andrew Russell of Dartmouth had previously clinched spots.

METRO HALIFAX

Metro Workology exclusive: Backstage Pass

In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Students' studies jeopardized

Students from Mexico and the Czech Republic planning to study at Canadian institutions this fall are being told they may require a temporary travel visa on top of their study permit, given new visa rules effective last week. Schools such as the Universities of Alberta and Regina are assessing the impact of the new requirements, and are contacting incoming students from both nations to ensure they get the information they need as soon as possible. METRO NEWS SERVICES

Helping aboriginals feel at home in school



Many colleges and universities across Canada are trying help aboriginal students feel more at home and welcome.

FocusOn FirstNations

JON TATTRIE
for Metro Canada

Many aboriginal university students are the first in their family to attend and suffer from culture shock, says Irvin Hill, aboriginal cultural liaison officer at Carleton University. His job is to bridge aboriginal and university cultures.

"A lot of aboriginal students who come to university face obstacles once they get here," he says. "There's a general lack of aboriginal culture within the institutions."

That applies to curriculum and lifestyle, he says, noting many universities are actively working to change that. In the mean-

time, aboriginal students may need support to adjust.

"We're here if they need any assistance, whether it's speaking to someone who understands their culture, maybe bringing an elder in so they can talk to an elder," he says. "We try to set up a community here so students will feel at home."

Carleton offers a minor in aboriginal studies under its Canadian Studies program, a sign that Canada's traditionally Euro-centric teaching of history is opening up. Schools such as Ontario's Lakehead University, Alberta's Red River College and Manitoba's First Nations University also offer aboriginal-centric programs.

"The curriculum is changing, but there are still some schools, even some colleges and universities, that have the outdated curriculum and information that is not

correct," says Hill.

Wendy Drummond, special project coordinator at Royal Roads University in Victoria, says universities can play a vital role in "capacity building," which can turn struggling communities around.

Royal Roads works with the Yekooche First Nation, a remote B.C. village of 120 people. After a series of treaty negotiations with the provincial and federal governments, it began taking a larger role in its own governance.

"The chief and council recognized that they were not ready to assume the governance role the treaty would require. They contacted Royal Roads University to ... assist in the development of capacity to assume governance responsibilities," explains Drummond.

The two groups developed the Learning Centre as a neutral space where they could learn from one another.

That in turn leads to better-run communities and more prosperous individuals, Drummond says.

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Concordia University announced last week that it is the first Quebec university to participate in Project Hero, a program in which four-year scholarships are offered to children of Canadian Forces personnel killed in the line of duty dating back to February 2002. **METRO NEWS SERVICES**

Hurdles faced by LGBT community

HEATHER BUCHAN
for Metro Canada



Women aren't the only employees who still feel the glass ceiling when it comes to the workplace.

Michael Bach clearly remembers his colleagues'

derogatory gay jokes and offhanded comments that made him so uncomfortable when he was in his 20s. Although he had come out to himself when he was 16, and told his parents he was gay two years later, Bach kept his sexual orientation secret from his

colleagues until he was 30. "I would go to the extent of changing pronouns when I talked about my life," recalls the 39-year-old, who today is the national director of Diversity, Equity and Inclusion for KPMG LLP in Canada. "So, instead of saying 'my

boyfriend,' I would say 'my girlfriend.' It's amazing how stressful that can be." The reason for Bach's double life: His fear of the repercussion that would affect progression in his career.

It's been 40 years since Canada decriminalized ho-

mosexuality, and although lesbian, gay, bisexual and transgender (LGBT) Canadians enjoy legislated human rights protections, as employees they still experience discrimination at work that limits their career advancement, according to a Canadian study released earlier this month by Catalyst.

Deborah Gillis, vice-president for Catalyst, North America, who has worked on LGBT issues for 15 years, says this is due, in large part, to a lack of awareness.

"That lack of awareness and understanding of LGBT individuals leads to discriminatory behaviours, from blatant or direct forms of homophobia, to exclusion from networks or opportunities, to inappropriate humour that's used in the workplace," she explains of the study's findings.



Bach points out that when heterosexual employees have pictures displayed of their opposite-sex spouse on their desk, their kids, their wedding day photos, that is, in essence, sexual orientation. "Lack of awareness breeds an environment where people don't feel comfortable just being themselves," says Bach.

According to Gillis, when companies implement inclusive diversity practices such as training that dispels stereotypes and creating and enforcing anti-discrimination policies and practices, LGBT employees indicate greater career satisfaction and greater commitment on their part to their company.

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gifts, getting oil changes and booking travel for an ever-growing list of well-to-do clients.

Brick soon had to hire more staff: Today she has four full-time staff (she calls them concierges) and 10 part timers. Conant now runs the event planning division of the company and has two staff helping her.

To build the company, Brick and Conant constantly network. Through their contacts, they get great deals on oil changes, nab hard-to-find sports and theatre tickets, secure last-minute dinner reservations to and get the best travel prices.

Brick still runs the business out of her home. Her day starts with scheduling: She looks over the requests from clients and organizes who will do what and when, and makes sure all the instructions are complete.

She then sometimes heads out the door — like many of her staff members — to hit the mall, the grocery store or the auto repair shop. But more often she spends time on the phone doing research for the company's top clients to find them everything from contractors to nannies.

It's a job that requires organizational skills and the ability to multitask. And while you'd think it'd be a drag to spend your days visiting the vet and picking up flowers, they love it.

isa Brick is very organized. The Edmontonian spent 20 years doing administrative work at various companies and rose eventually to executive assistant.

"At first it was just a job and a way to support my family, but it became something I enjoyed doing," says Brick, who's now 44.

She had a diploma in administration, then went back to school to study business. "That was when I started thinking about maybe opening my own business."

Six years ago, a friend told her about a personal assistant service in New York. The company would pick up people's dry cleaning and buy their groceries.

"This is exactly what I do for my boss," thought Brick. She looked around and found similar companies in Canada, but none in Edmonton.

In September 2005, she launched VIP Concierge & Errand Service with her daughter, Sarah Conant, a recent theatre production graduate, as her only employee.

Within a week, they had their first client. Soon they were house sitting, finding plumbers, buying birthday

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Depp wants to play Channing

Johnny Depp has his eye on a gender-bending movie role — he would love to portray actress Carol Channing in a biopic. "My dream role would be to play musical legend Carol Channing in a biopic of her life," he said. FEMALEFIRST.CO.UK

17

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

MAUREEN LITTLEJOHN
for Metro Canada

A new surge of aboriginal talent is cresting across the country, following in the wake of icons such as playwright Thompson Highway, actor Graham Green, and singer Buffy Sainte-Marie.

Wawaate Fobister, a 25-year-old Anishnaabe artist from Grassy Narrows First Nation, swept the Dora Awards earlier this month with his debut play Agokwe. The play scooped statuettes for outstanding production, new play, performance by a male principal, director, costume designer and lighting designer.

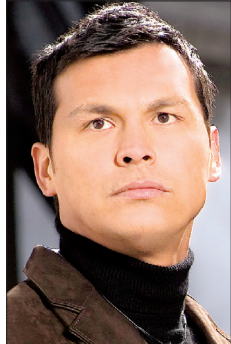
The one-man show, staged at Buddies in Bad Times theatre last year, fo-

cused on the attraction between two teenage Aboriginal boys. Fobister, a traditional dancer, seamlessly played each character including the boys (one a hockey player, the other a grass dancer), an alcoholic mother and a flamboyant narrator.

"I always talk about what's important to me, which is my language, heritage and culture. It is not my goal to educate people, but they can get a taste of it in some of my work," explained Fobister in an interview from Big Grassy reserve where he teaches youth theatre and dance.

Here is a look at other artists who are leading the crest:

• Crystal Shawanda, a bluesy country singer from Wikwemikong reservation



Adam Beach, left, has more than 50 TV and film credits, while throat singer Tanya Tagaq Gillis has been hypnotizing audiences.

on Manitoulin Island, has been taking the radio waves by storm since she released her debut album Dawn of a New Day last year.

It reached number two and 16 on the country mu-



MICHAEL STUBBS/TORONTO STAR

sic charts in Canada and the U.S., respectively. Shawanda cleaned up at the 2008 Canadian Aboriginal Music Awards, winning five awards including Best Album of the Year.

This weekend she plays the Mother Earth Festival on Georgina Island.

• Since collaborating with Icelandic artist Björk in 2004, Inuit throat singer Tanya Tagaq Gillis has been hypnotizing audiences internationally. The Nunavut singer has performed with Kronos Quartet and Scottish fusion band Shogunify.

She has won four Canadian Aboriginal Music Awards and her recent album Auk/Blood was nominated for a Juno award this year.

• Kevin Loring, a member of the Niak'pmux First Nation in Lytton, B.C., premiered his first play, Where the Blood Mixes, at the Luminate festival in Toronto last year. It will be performed in Vancouver at the Firehall Arts Centre during the 2010 Olympics.

Leaving Idol?

Paula Abdul's manager says his client will ditch American Idol unless producers change their tune. "Very sadly, it does not appear that she's going to be back on Idol," her manager said. USMAGAZINE.COM

FocusOn FirstNations

Loring, also an actor, appeared in Hosanna at the Manitoba Theatre Centre and the film Pathfinder. He is the Playwright-in-Residence at the National Arts Centre for 2009-10.

• At age 37, Adam Beach has garnered more than 50 movie and TV credits. The Saulteaux actor, born on the Dog Creek reserve in Manitoba, starred in the films Flags of Our Fathers, Windtalkers, Smoke Signals and the made-for-TV movie Bury My Heart at Wounded Knee. He was also Detective Chester Lake on 21 episodes of Law & Order: Special Victims Unit from 2007 through 2008.

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/20/09	31	31	31	ABC	News Center 5	ABC Wild News	Inside Edition	Chronicle	The Bachelorette "The Men Tell All" (N)			Dating in Dark
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Gossip Girl (HDTV)	Two/Half Men	Big Bang Th	Atlantis
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Triple Sensation	Just for Laughs	CBC News: The National			The Hour
	2	2	2	CBC-F	Urgences (SC)		Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)	Bons baisers de France (SC)	Le Téléjournal	
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	How I Met	Engagement	Two/Half Men	Big Bang Th
	69	69	69	CFTM	TVA 18 heures	Sucré-salé	Les Gags	Sketch Show	Laura Cadieux	Kmh (SC)	Monk (HDTV) (SC)	TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	The Unit	House "The Softer Side"	Lie to Me "Unchained"			News Final (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV)	Law & Order			Law & Order: Criminal Intent	CTV News
	10	10	10	ELTV	EastLink Mag.	Fishing	Build It	The Job Zone	Incl. Revolution	EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House "The Softer Side"			Fox First
news	12	12	12	NBC	7 News	NBC News	Hollywood	Extra (N)	Great American Road Trip (N)			The Wanted
	29	29	29	NW	World News	Business	CBC News	Our World	The Hour	CBC News: The National		Space Shuttle
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Business	Greater Boston	Chronicles	Antiques Roadshow	History Detectives		Nature (HDTV)
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow	Antiques Roadshow	History Detectives (N)		American-Hist
	68	68	68	TQS	Rire et délire	Chemin du golf	C'Une joke	C'Une joke	CSI: NY (SC)	Pratique privée (SC)		La violence
	23	23	23	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News		Market Call
	18	18	18	CNN	Situation Room-World	Blitzer	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)	Cooper 360
	54	54	54	CNN	Golf Central	Top 10	Learning	Lessons	The Golf Fix	Top 10	PGA Championship Highlights	Lessons
	52	52	52	RSE	Sportsnet Connected		UFC: Access	Week-Baseball	MLB Baseball Boston Red Sox at Texas Rangers. (HDTV) (Live)			
	55	55	55	SCOR	(6) HSR		RaceNight			(10:15) WWE Monday Night Raw		
sports	45	45	45	SPD	Unique Whip		Pimp My Ride	Pass Time	Performance Engineering	SuperCars	SuperCars	Auctions
	53	53	53	TSN	Off the Record	SportsCentre	Boxing		World Poker Tour			SportsCentre
	43	43	43	FAM	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Jiminy 10	Total Drama	6TEEN "2-4-1"	6TEEN	Futurama	Punch
	26	26	26	TREE	Ni Hao, Kai-Lan	Kai & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos
	27	27	27	TYT	iCarly		The Next Star 2		Malcolm-Mid.	Futurama	League-Evil	Zixx Level
	16	16	16	A&E	CSI: Miami "Pro Per"		CSI: Miami (HDTV)		Intervention "Allison"		Intervention (HDTV) (N)	Obsessed (N)
	70	70	70	APTN	APTN National News (N)		Notre Peuple (Part 2 of 2)		Tam	Pachamama	Grizzly *** (2000, Adventures)	Daniel Clark.
	50	50	50	BET	106 & Park: BET's Top 10 Live				Menage II Society *** (1993, Drama)	Tyrin Turner.		Harlem Heights
	37	37	37	BRVO	Street Legal "The Firm"		Circle of Champions		Aida Franco Zeffirelli produces Verdi's opera.			
family	25	25	25	CMT	Dedicated "Kellie Pickler"		Dallas Cheerleaders		Home Improve.	Home Improve.	Reba	Reba
	49	49	49	COM	Laughs	Comedy Now	Air Force	22 Minutes	Cornier Gas	Dumb Criminal	The Simpsons	South Park
	153	153	153	COMET	W-FIVE		World's Wildest Police Videos		Cops Uncut		Legal Briefs	
	38	38	38	DISC	Canada's Worst Driver		Direct From the Moon (N)		MythBusters		Dirty Jobs "Egg Farm"	Amer. Loggers
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place
	46	46	46	HIST	Tank Overhaul		NCIS "Sandblast"		History's Secrets		Turning Points	NCIS
	17	17	17	MM	Shot at Love-Tila Tequila		One Tree Hill		Degrassi: TNG	Instant Star	Shot at Love-Tila Tequila	MuchNews
	19	19	19	MMM	mmtp10.ca		The Daily Fix		I'm a Celebrity. Get Me Out of Here!		Sanctuary "Revelations"	Entourage
	201	201	201	M1	(6:15) Who's Your Caddy?		Stargate Atlantis		Cycling (N)		Durham County (N)	Nurse Jackie
	48	48	48	OLN	The Amazing Race 5		Dog the Bounty Hunter		Family Guy	Family Guy	House-Payne	
cable variety	51	51	51	PEACH	Seinfeld	Friends	Family Guy		House-Payne		The Weather Man (2005, Comedy-Drama)	
	206	206	206	PIX	Gunlight-Black Horse		(8:15) Louis the 19th *** (1994, Comedy)		Grands reportages (SC)		Blue Velvet *** (1986, Suspense)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Cashing In	Kink in Hair	Family in Hiding (2006, Suspense)	RDI en direct
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits		Newlywed	Newlywed	Nearly Dead	Nearly Dead
	40	40	40	SLICE	So Chic	Skin Deep	Skin Deep	Til Debt-Part	Earthstorm (2006, Science Fiction)	Stephen Baldwin.		
	47	47	47	SPACE	Stargate SG-1 (DVS)		Stargate Atlantis		UFC Unleashed		UFC Unleashed (HDTV)	4th and Long
	14	14	14	SPIKE	CSI: Crime Scene Investgtn.		UFC Unleashed		Canada's Next Top Model		Michael J. Fox: Optimist	Cake Boss (N)
	98	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show		TMZ (N)	etalk		Tonight Show
	21	21	21	TLC	What Not to Wear		18 Kids-Count	Little Couple	The Tiniest Tottlers		Carlawood (N)	Prod. Parker
	56	56	56	34	TROP	North of 60	Once a Thief		Green Grass	Summer Wine	Conspiracy Theory	Galileo's Sons
cable variety	20	20	20	TV5	Que-champion	Journal de F2	Secrets d'histoire		Idealist: James Beveridge		The Closer "Homewrecker"	
	28	28	28	V	Nothing Too Good		Murder, She Wrote		How Clean	Kim	Love It or List It	Good Witch
	60	60	60	97	VIVA	Da Vinci's Inquest	Judging Amy		Style by Amy	Friends		
	22	22	22	W	Style by Amy	Evening News	Two/Half Men	Family Guy	One Tree Hill (HDTV)		Gossip Girl (HDTV)	WGN News
	251	251	251	WGN	Be-Millionaire							

critics'corner

Triple Sensation

The eight remaining contestants reflect on their journey so far as they move from master classes to workshop presentations, performing group dance numbers, songs and scenes from plays with coaching from Adrian Noble and Sergio Trujillo. At the end, two of the hopefuls are sent home. 8 PM on CBC



Blue Velvet

Director David Lynch graduated from cult status to the big leagues with this troubling, controversial 1986 masterpiece about an all-American college boy (Kyle MacLachlan) who discovers a severed ear in a vacant lot. This leads him into a violent and kinky netherworld located beneath the placid surface of his hometown. Dennis Hopper is terrifying as a wildly profane drug dealer. 10 PM on PIX

Torchwood: Children of Earth

This chilling five-part miniseries, airing over consecutive nights, served as the third "season" of the hit British sci-fi show. As it opens, the future of the human race is in grave danger as every child in the world stops his routine to announce, "We are coming." Jack's (John Barrowman) investigation leads him into a trap in which an awful truth stands ready to be revealed. 11 PM on SPACE

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Drake - Best I Ever Had

Sean Kingston - Fire Burnin'

Black Eyed Peas - I Gotta Feeling

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Fred finds love

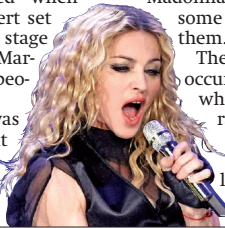
It's wedding bells for Limp Bizkit frontman Fred Durst and girlfriend Ester Nazarov. Durst, 38, tweeted on Thursday, "cheers to the universe from me and my lovely wife Ester Durst!! We are now one and complete." **PEOPLE.COM**

Celebrity Buzz

Madonna to visit injured

TRAGEDY Madonna continues to pay tribute to those killed or injured when part of her concert set collapsed on stage workers at a Mar-seilles stadium, people.com reports.

The singer was scheduled to visit some workers yesterday, city officials told



People. The injured are in three local hospitals, and Madonna will visit some or all of them.

The accident occurred July 16 when a crane raising the roof of the stage collapsed. A French

lighting technician, Charles Criscenzo, 53, was killed on the stage, and Charles Prow, 23, from Great Britain, died shortly after in hospital. At least eight other workers, some part of Madonna's travelling stage crew, were hospitalized. An investigation has been launched to determine the cause of the accident. **METRO NEWS SERVICES**

Janet and Jermaine split?

TOUGH FEW WEEKS Noticeably absent from Michael Jackson's memorial service on July 7? Janet Jackson's long-time music exec boyfriend, Jermaine Dupri, usmagazine.com reports.

And for good reason: "His friends are telling people it's over," a



source told Us Weekly. Echoed another: "They have been moving in different directions for a while."

And why did the seven-year relationship end?

"You shouldn't mix business with pleasure," a mutual pal explained.

(Dupri produced several tracks on Jackson's last two CDs.) "Janet felt their lives were too crossed and they should have kept things separate."

Plus, the polar opposites were never too compatible. "Jermaine likes to be out there, mingling with everybody, and Janet's more shy."

METRO NEWS SERVICES

Lauren slams former BFF Heidi

FIGHTING WORDS In the August issue of Harper's Bazaar, Lauren Conrad takes Heidi and Spencer Pratt to task over their fame-seeking ways — and her former BFF's boob job.

Conrad was asked why Heidi decided to pose in Playboy.

In a sly reference to Heidi's cosmetic

enhancements, Conrad replied, "They're not going to pay for themselves."

Her digs didn't stop there.

"I don't call magazines and let them know

about things so they can write stories," she said of the Pratts. "There was never an incentive to keep doing The Hills so I could get into (Hollywood club) Les Deux. That was never the point. It was more to create a fan base so I can go create a business and do something I really love doing."

METRO NEWS SERVICES



Kiefer's legal date delayed indefinitely

LEGAL WOES Kiefer Sutherland dodged the law Friday when his Manhattan trial for allegedly head-butting fashion designer Jack Mc-



Cullough was postponed. Though Sutherland and McCullough resolved their differences, the 24 star was still expected to appear

before a judge. The district attorney involved in the case says the trial has been postponed until further notice, according to Hollycoop. No new date was set. **METRO WORLD NEWS**

Exhausted Ne-Yo speaks out

PUSHED TOO HARD Ne-Yo has spoken out after struggling to move and propped himself up on a table before exiting the stage for a break.

A tearful Ne-Yo then reappeared, telling the audience, "I've never not coming, I've never done this before."



ter show. Fans watched as the sweat-drenched star struggled to move and propped himself up on a table before exiting the stage for a break.

A tearful Ne-Yo then reappeared, telling the audience, "I've never not coming, I've never done this before."

On his blog, Ne-Yo explained: "I have an issue with not knowing when to say enough is enough, so last night in Manchester, my body said it for me."

"For the last five days I've been dealing with a sinus infection. I paid it no real mind, and kept on going, like I always do. My voice couldn't take it."

METRO NEWS SERVICES

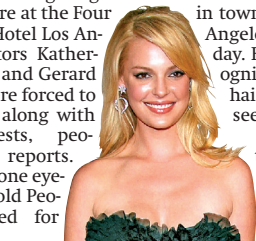
Hollywood hotel bomb scare

CLOSE CALL While police were investigating a bomb scare at the Four Seasons Hotel Los Angeles, actors Katherine Heigl and Gerard Butler were forced to evacuate along with 400 guests, people.com reports.

Butler, one eyewitness told People, posed for

pictures with members of the AC Milan soccer team, in town to play the Los Angeles Galaxy Sunday. Heigl, barely recognizable with her hair dyed red, was seen leaving the hotel during the 1:45 p.m. evacuation.

METRO NEWS SERVICES



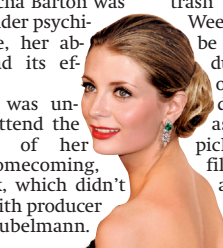
Producer poo-pooes Mischa

ON THE OUTS While there's still no word on why actress Mischa Barton was placed under psychiatric care, her absence had its effects.

Barton was unable to attend the premiere of her film, Homecoming, last week, which didn't sit well with producer Bingo Gubelmann.

"It's frustrating, but I'm not going to snot her and trash her," he told Us Weekly. "I don't want to be known as the producer that will turn on any actress at the drop of a hat." When asked why he'd picked Barton for the film, he rolled his eyes and said, "It's hard to remember."

METRO WORLD NEWS



Tom should put a ring on it

BEYONCÉ'S BIGGEST FAN Tom Cruise was spotted getting into a Beyoncé Knowles concert in Los Angeles recently, according to People magazine. Cruise reportedly started dancing to Single Ladies (Put a Ring on It), re-enacting the choreography Knowles made famous in her video for the single. "Everyone was laughing and taking pictures," a source told the magazine.

METRO WORLD NEWS



Britney juggles a new man?

OPTIONS Britney Spears is reportedly dating her agent, Jason Trawick, but she recently took a break from her tour to spend some time with another man, producer Dallas Austin.

The pair got together at Austin's house in Atlanta, where "it was just the two of them for a few nights," a source told Page Six. But Austin's rep said are simply friends.

METRO WORLD NEWS



Ivanka finally gets a proposal

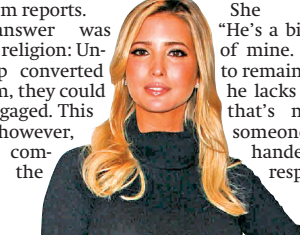
AT LONG LAST After a lengthy courtship, some celeb-watchers may have wondered what was taking Jared Kushner, owner of the New York Observer, so long to propose to heiress Ivanka Trump,

people.com reports. The answer was rooted in religion: Until Trump converted to Judaism, they could not be engaged. This week, however, Trump completed the lengthy process.

"Jared is my best friend for many reasons," she told New York magazine. "I've allowed him to see who I truly am and he still loves me. I don't feel like I have any defensive walls built up around me."

She continued: "He's a bit of a hero of mine. His ability to remain focused — he lacks an anxiety that's natural for someone his age handed so much responsibility."

METRO NEWS SERVICES



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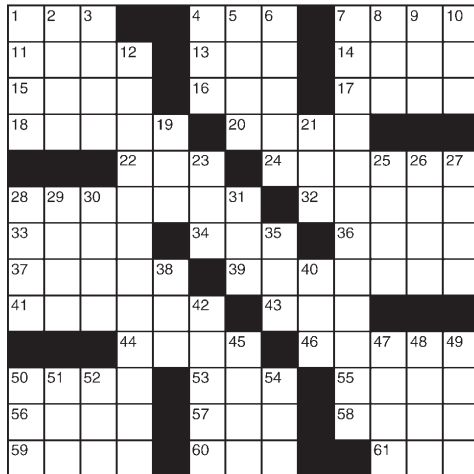
DIET FOR A CONFUSED PLANET

MAYBE MY CARNIVOROUS PLANTS SHOULD GO VEGAN TOO.

BANNERMAN 7/20

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



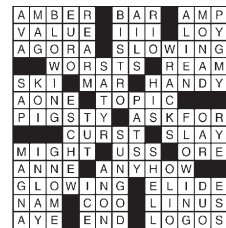
Crossword across

- 1 Feathery neckpiece
4 Small ammunition
7 Rope
11 Felonious flights
13 A billion years
14 Do as you're told
15 Buckeye State
16 Excessively
17 Not pre-recorded
18 They get in the whey
20 Aspic creation
22 Intention
24 South American prairies
28 Santa's runway
32 Woo
33 Loosen
34 Satchel
- 36 Incite
37 Corpulent
39 On the — (discreetly)
41 Shredded
43 Diamond stick?
44 Squad
46 Carries on
50 Greek vowel
53 Dog's hand
55 Enjoying greatly
56 New Zealand bird
57 Time of your life?
58 iPod model
59 Carolina college
60 Cover
61 Pale

Crossword down

- 1 United nations
2 Hawaiian island
3 Eastern potentate
4 Wager
5 Prosperous period
6 Pry
7 2003 Civil War movie
8 Kimono closer
9 Gun the engine
10 Decorate Easter eggs
12 Malt-shop setup
19 Perch
21 Varnish ingredient
23 Unruly group
25 Knitting stitch
26 Jason's ship
27 Hasenpfeffer, e.g.
- 28 Oxidation result
29 Aware of
30 Stench
31 Cushion
35 Sailor
38 Calendar abbr.
40 Series of skirmishes
42 Pontifical
45 Creche trio
47 Rodents do it
48 Sicilian volcano
49 Any time now
50 Mamie's man
51 Lubricate
52 Pair
54 Marry

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	5	3	9	6	8	4	2	7
9	4	7	2	3	5	8	1	6
6	8	2	1	7	4	3	9	5
7	3	4	5	9	2	1	6	8
8	6	1	3	4	7	9	5	2
2	9	5	8	1	6	7	4	3
4	1	8	6	2	3	5	7	9
3	7	6	4	5	9	2	8	1
5	2	9	7	8	1	6	3	4

Find today's answers + play more games at metronews.ca

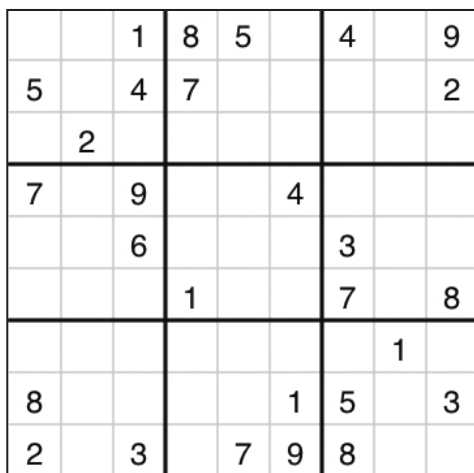
SUDOKU SOLVE TIME:

- Under 13 min Genius
13-17 min Scholar
17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20

Things look a lot worse than they actually are, especially concerning family issues, but in a few days your outlook will brighten considerably.

LIBRA

SEPT 23-OCT 23

Career issues have worried you a lot of late, but in a few days you won't care because your personal affairs will be so much more exciting.

TAURUS

APRIL 21-MAY 21

Someone will wonder aloud if you know what you are doing today. Convince them you are still in control. Don't just tell them, find ways to show them.

SCORPIO

OCT 24-NOV 22

You may be reserved by nature, but make the most of the sun's final few days in your fellow water sign of Cancer to promote your own interests.

GEMINI

MAY 22-JUNE 21

You know what needs to be done, so get on and do it. You can easily push yourself a bit harder today. Before you know it, your task will be finished.

SAGITTARIUS

NOV 23-DEC 21

You're on the verge of one of the most exciting times of the year. Focus on all the good things in your life. There are plenty, if you care to look.

CANCER

JUNE 22-JULY 22

The planets warn that others will find out what you're trying to keep from them — so why not say what you've been up to? Don't hide it, flaunt it.

CAPRICORN

DEC 22-JAN 20

The more people understand what you hope to acquire, the more likely they are to help you get it around the time of Wednesday's solar eclipse.

LEO

JULY 23-AUG 23

Make allowances for those who seem reluctant to follow you on your next big adventure. Maybe they've got more to lose from taking risks than you do.

AQUARIUS

JAN 21-FEB 18

Lately it's seemed as if you had a mountain to climb, but you kept at it and now you're on the brink of a triumph. Shout about your accomplishment.

VIRGO

AUG 24-SEPT 22

If you're a typical Virgo it's not in your nature to preen. But it's in your interests to have many eyes on you today, so ensure the world knows you exist.

PISCES

FEB 19-MARCH 20

Life has been good lately, but start planning for a more challenging phase. You'll have to double your efforts in the next few weeks, especially at work.

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WORDY GURDY BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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1. Astronaut Armstrong's real bargains (1)
2. Dried plum where Armstrong walked (1)
3. Little public bathroom division (1)
4. Throat infection on a staircase part (1)
5. Apollo 11 module's Snoopy dogs (2)
6. Alighting on-the-moon's-surface uniting (2)
7. Astronaut Buzz's witches' kettles (2)

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